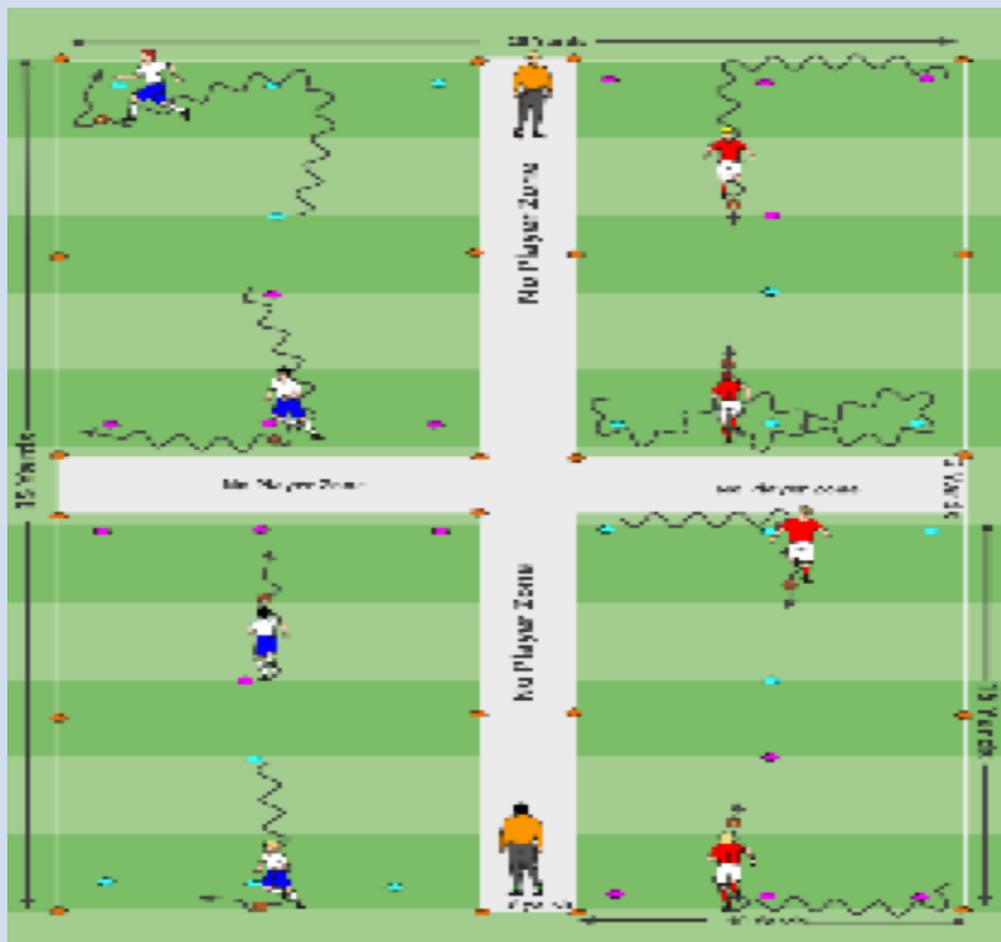


**PHYSICAL DISTANCING TRAINING  
SESSION  
7U-8U (4v4)  
ATTACKING – DRIBBLING  
45 MINS  
WEEK 4**

## Activity 1: T Dribbling

15 min.-15 intervals-30 sec. play-30 sec. rest



**OBJECTIVE:** Improve the player's ability to dribble the soccer ball

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. Within each grid, set up 2 "T" shapes; 1 toward each end line. 2 players in each grid with 1 soccer ball each. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player will start at the base of 1 of the "T's" & will only work with the cones of their "T". On the coach's command, the players race the other players by dribbling their soccer ball to all cones in their "T"; they must follow the "T" shape while dribbling. The 1st player to return to their starting points wins the race. Coach can ask the players to perform a figure 8 through the top cones or dribble straight; coach's choice.

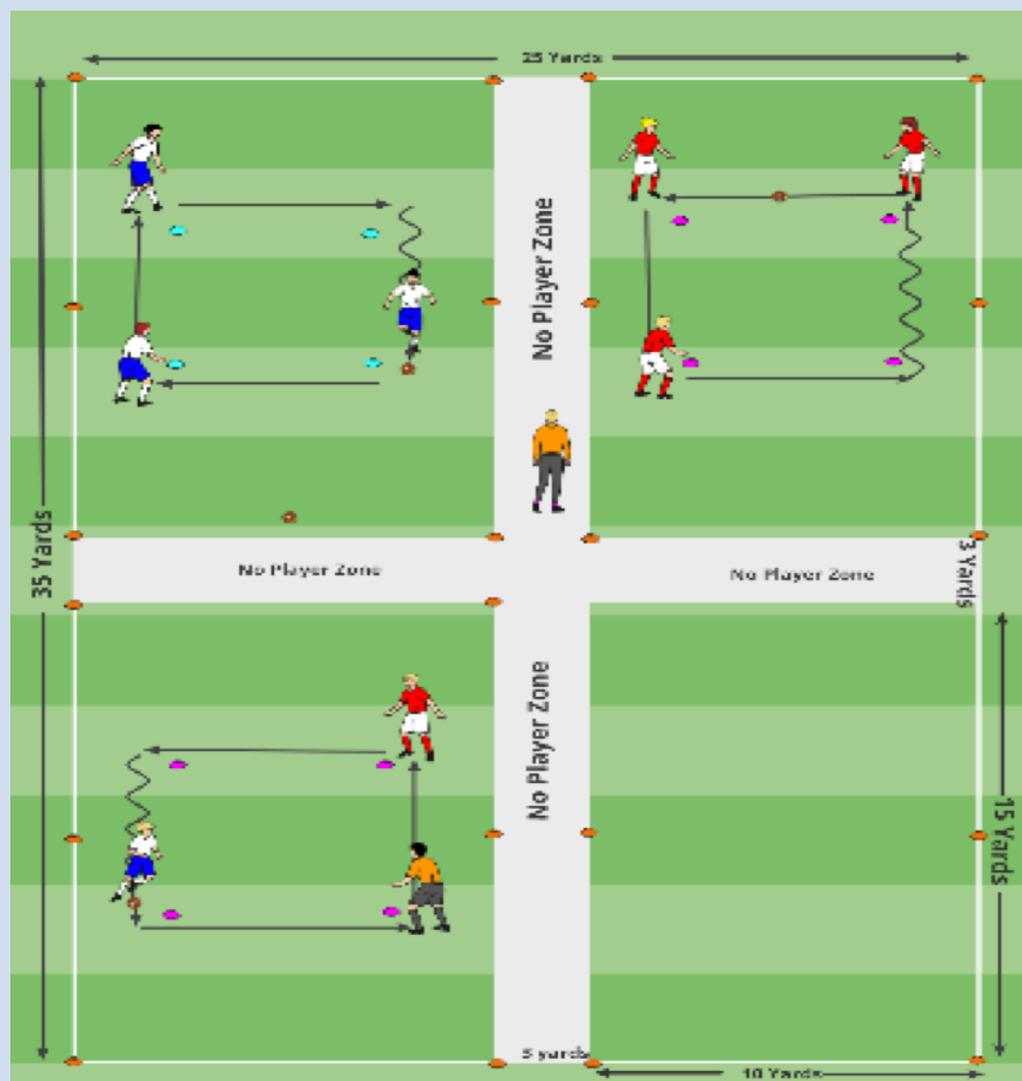
**KEY WORDS:** laces, inside of the foot, outside of the foot, make a figure 8

**GUIDED QUESTIONS:** When would you want to use your laces & when would you use the inside or outside of your foot?

After you have turned at a cone, what should your next touch look like?

**ANSWERS:** Use your laces when you can dribble in a straight line & use the outside or inside when it is time to turn. Once you have made the turn, use bigger touches to move the ball quickly to the next cone.

## Activity 2: Pass & Dribble Around a Box



**OBJECTIVE:** Improve the player's ability to dribble the ball to set up a pass

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. Within each grid, set up a 4 yard box. 3 players in each grid with 1 soccer ball to share. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player starts outside of a cone in the 4 yard box. There are 4 cones but only 3 player. The object of the game is to pass the soccer ball around the outside of the box. The player who receives the ball & doesn't have a player to pass to must dribble to the empty cone then make the pass. Coach will determine if the players are playing clockwise; to their left or counter clockwise to their right. Switch directions every 2 rounds. Challenge the players to pass the soccer ball around the box as many times as they can in 1 minute.

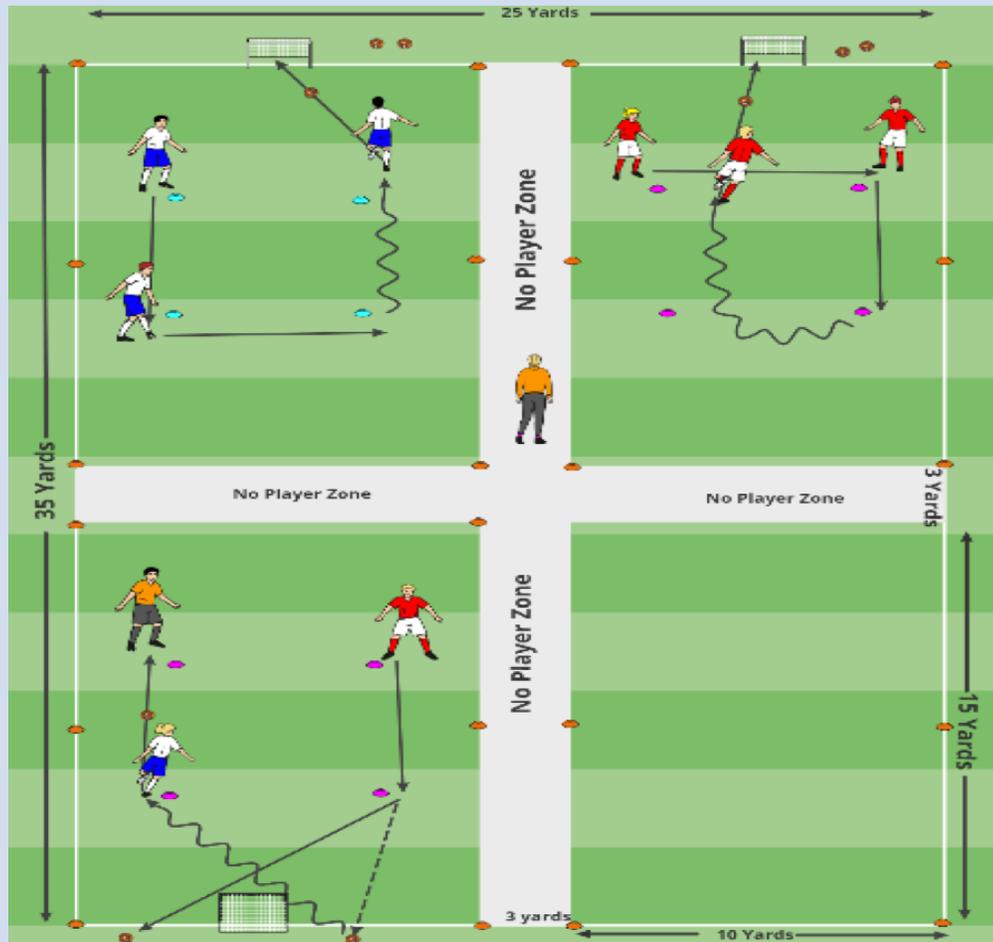
**KEY WORDS:** body position, farthest foot, what's next?

**GUIDED QUESTIONS:** If you want to play to your left, how should you position your body to play the ball fastest? How do you determine what's next for you when you receive the pass (ie. whether to pass or dribble?)

**ANSWERS:** Open up your body to allow the ball to travel across your body to your left foot. Then pass it with your right foot to your teammate. Look before you receive the ball. If no one is at the next cone, dribble. If someone is at the next cone, pass.

## Activity 3: Pass & Dribble Box to Goal

15 min.-2 intervals-2 min. play-1 min. rest



**OBJECTIVE:** Improve the player's ability to dribble the ball to set up a pass or shot  
**PLAYER ACTIONS:** Pass or dribble forward  
**ORGANIZATION:** Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. Place a goal in each grid on the outside end line. Within each grid, set up a 4 yard box. 3 players in each grid with 3 soccer ball to share; 1 in play at a time & 2 close to the goal. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player starts outside of a cone in the 4 yard box. There are 4 cones but only 3 player. The object of the game is to pass the soccer ball around the outside of the box. The player who receives the ball & doesn't have a player to pass to must dribble to goal and try to score. After shooting, the same player must collect a soccer ball from around the goal, dribble to the empty cone to make a pass to a teammate. Coach will determine if the players are playing clockwise; to their left or counter clockwise to their right. Switch directions each round. Which team scores the most goals in 2 minutes?

**KEY WORDS:** turn to goal, shoot

**GUIDED QUESTIONS:** If you do not have someone to pass to, what do you do? When is a good time to shoot?

**ANSWERS:** Before you get the ball, look to the next cone. If no one is there, turn and go to goal. If you have an opening to the goal & you are close enough to score, shoot as quickly as you can.